



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #12

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Apple Pancakes				
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Applesauce- unsweetened	Pineapple- canned, unsweetened	Peaches- canned, unsweetened	Oranges- fresh	Sliced Bananas- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Wheat Pancakes (WG)	Toasted Oats cereal (WG)	Whole Wheat Toast (WG)	Whole Wheat Toast (WG)	Bagels
Other Foods 2x Meat/Meat Alternate	**no syrup**		Eggs	Yogurt	
LUNCH	Cheese Pizza (CN)	Turkey and Cheese Wrap	Chicken Nuggets (CN)	Meatloaf (HM)	Ground Turkey and Rice
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Broccoli- fresh	Carrots- canned	Corn- canned	Salad- fresh	Peas- canned
5x fresh	Cantaloupe- fresh	Apple Slices- canned, unsweetened	Orange Slices- fresh	Banana- fresh	Peaches- canned, unsweetened
Grains/Bread Component 2x Whole Grain	Crust (CN)	Tortilla	Breading (CN)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 2x highly processed	Cheese Pizza (CN)	Turkey, Cheese	Chicken Nuggets (CN)	Ground Beef	Ground Turkey
Other Foods				Salad Dressing	White Rice, Gravy
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Cheese Crackers
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Banana- fresh	Oranges- fresh		Apples- fresh	
Grains/Bread Component 1x Whole Grain, 0x sweet			Pretzels		Wheat Thins (WG)
Meat or Meat Alternate 1x Meat/Meat Alternate					Cheese
Other Foods					



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #12

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
DINNER	Grilled Cheese Sandwich	Chicken Noodle Soup (HM)	Beef Ravioli with Cheese (CN)	English Muffin Pizza	Macaroni and Cheese (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Green Beans- canned	Peas- canned	Broccoli- fresh	Carrots- canned	Corn- canned
	Oranges- fresh	Pears- canned, unsweetened	Applesauce- unsweetened	Peaches- canned, unsweetened	Cantaloupe- fresh
Grains/Bread Component 2x Whole Grain	Whole Wheat Bread (WG)	Egg Noodles	Ravioli (CN)	English Muffin	Whole Wheat Elbows (WG)
Meat or Meat Alternate 1x highly processed	Cheese	Chicken	Beef Ravioli with Cheese (CN)	Cheese	Cheese
Other Foods				Tomato Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Cheese Crackers		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Banana- fresh			Apples- fresh
Grains/Bread Component 1x Whole Grain, 1x sweet	Vanilla Wafers (sweet)		Wheat Thins (WG)	Pretzels	
Meat or Meat Alternate 1x Meat/Meat Alternate			Cheese		
Other Foods					



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #12

WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					Cheese Toast
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Sliced Apples- canned, unsweetened	Pineapple- canned, unsweetened	Peaches- canned, unsweetened	Oranges- fresh	Apple Slices- fresh
Grains/Bread Component 3x Whole Grain, 1x sweet	English Muffin	Whole Wheat Pop Tarts (WG) (sweet)	Biscuit	Oatmeal (WG)	Whole Wheat Toast (WG)
Other Foods 1x Meat/Meat Alternate					Cheese
LUNCH	Sloppy Joes (HM)	Chicken Patty (CN)	Tuna Noodle Casserole	Turkey Tacos	Chicken Noodle Soup (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Spinach- fresh	Carrots- canned	Salad- fresh	Green Beans- canned	Corn- canned
5x fresh	Peaches- canned, unsweetened	Banana- fresh	Orange Slices- fresh	Pears- canned, unsweetened	Grapes- fresh
Grains/Bread Component 2x Whole Grain	Whole Wheat Bread (WG)	Breading (CN)	Egg Noodles	Tortilla	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef	Chicken Patty (CN)	Tuna	Ground Turkey	Chicken
Other Foods	Sloppy Joe Sauce		Salad Dressing		Egg Noodles
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Cheese Crackers
Fluid Milk		Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Cantaloupe- fresh	Peaches- canned, unsweetened		Apples, Grapes- fresh	
Grains/Bread Component 1x Whole Grain, 0x sweet			Graham Crackers		Wheat Thins (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate	Yogurt				Cheese
Other Foods					



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #12

WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
DINNER	Tuna Noodle Casserole	Cheese Quesadilla	Turkey Stroganoff	Chili (HM)	Cheese Pizza (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 1x fresh	Peas- canned	Corn- canned	Broccoli- fresh	Cauliflower- frozen	Salad- fresh
	Pineapple- canned, unsweetened	Oranges- fresh	Apples- fresh	Cantaloupe- fresh	Banana- fresh
Grains/Bread Component 2x Whole Grain	Whole Wheat Bread (WG)	Tortilla	Egg Noodles	Whole Wheat Toast (WG)	Crust (CN)
Meat or Meat Alternate 1x highly processed	Tuna	Cheese	Turkey	Ground Beef, Chili Beans	Cheese (CN)
Other Foods					Salad Dressing
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Cheese Crackers		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Oranges- fresh	Apples- fresh		Banana- fresh	
Grains/Bread Component 1x Whole Grain, 0x sweet			Wheat Thins (WG)		Graham Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate			Cheese		Yogurt
Other Foods					



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #12

WEEK OF Week 3

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Egg Sandwich	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Oranges- fresh	Apple Slices- fresh	Peaches- canned, unsweetened	Banana- fresh	Strawberries- fresh
Grains/Bread Component 3x Whole Grain, 1x sweet	Corn Flakes cereal	Whole Wheat Toast (WG)	Whole Wheat Pop Tarts (WG) (sweet)	Whole Wheat Toast (WG)	Special K cereal
Other Foods 2x Meat/Meat Alternate		Yogurt		Eggs	
LUNCH	Red Beans and Rice	Beef Ravioli with Cheese (CN)	Macaroni and Cheese (HM)	Fish Sticks (CN)	Grilled Cheese Sandwich
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Green Beans- canned	Corn- canned	Peas- canned	Cauliflower- frozen	Broccoli- fresh
3x fresh	Peaches- canned, unsweetened	Oranges- fresh	Grapes- fresh	Pears- canned, unsweetened	Applesauce- unsweetened
Grains/Bread Component 2x Whole Grain	White Rice	Ravioli (CN)	Whole Wheat Elbows (WG)	Cornbread	Whole Wheat Toast (WG)
Meat or Meat Alternate 2x highly processed	Red Beans	Beef Ravioli with Cheese (CN)	Cheese	Fish Sticks (CN)	Cheese
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Cheese Crackers	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Pineapple- canned, unsweetened		Banana- fresh		Peaches- canned, unsweetened
Grains/Bread Component 1x Whole Grain, 0x sweet		Graham Crackers		Wheat Thins (WG)	
Meat or Meat Alternate 2x Meat/Meat Alternate				Cheese	Yogurt
Other Foods					



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #12

WEEK OF Week 3

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
DINNER	Tuna Sandwich	Spaghetti with Meat Sauce	Turkey Tacos	Meatloaf (HM)	Tomato Soup with Cheese
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Corn- canned	Mixed Vegetables- canned	Salad- fresh	Broccoli- fresh	Carrots- canned
	Cantaloupe- fresh	Fruit Cocktail- canned, unsweetened	Applesauce- unsweetened	Peaches- canned, unsweetened	Pears- canned, unsweetened
Grains/Bread Component 2x Whole Grain	Whole Wheat Bread (WG)	Spaghetti	Tortilla	Cornbread	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Tuna	Ground Beef	Ground Turkey	Ground Beef	Cheese
Other Foods		Spaghetti Sauce	Salad Dressing		Tomato Soup
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Cheese Crackers				
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Raisins- dried		Pineapple- canned, unsweetened	
Grains/Bread Component 1x Whole Grain, 0x sweet	Wheat Thins (WG)		Pretzels		Animal Crackers
Meat or Meat Alternate 1x Meat/Meat Alternate	Cheese				
Other Foods					



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #12

WEEK OF Week 4

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Apple Oatmeal		Peach Pancakes	Cheese Toast	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Apple Slices- canned, unsweetened	Oranges- fresh	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Pears- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Oatmeal (WG)	Whole Wheat Toast (WG)	Whole Wheat Pancakes (WG)	Whole Wheat Toast (WG)	Bagels
Other Foods 2x Meat/Meat Alternate		Eggs	**no syrup**	Cheese	
LUNCH	Hot Dogs	Ground Turkey and Rice	Turkey and Cheese Sandwich	Spaghetti with Meat Sauce	Cheese Quesadilla
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 5x fresh	Salad- fresh	Peas- canned	Green Beans- canned	Broccoli- fresh	Carrots- canned
	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Banana- fresh	Oranges- fresh	Cantaloupe- fresh
Grains/Bread Component 1x Whole Grain	Hot Dog Bun	White Rice	Whole Wheat Bread (WG)	Spaghetti	Tortilla
Meat or Meat Alternate 1x highly processed	Hot Dog	Ground Turkey	Turkey, Cheese	Ground Beef	Cheese
Other Foods		Gravy		Spaghetti Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Cheese Crackers	Trail Mix		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Oranges- fresh			Banana- fresh	
Grains/Bread Component 1x Whole Grain, 0x sweet		Wheat Thins (WG)	Special K cereal, Corn Flakes cereal		Pretzels
Meat or Meat Alternate 1x Meat/Meat Alternate		Cheese			
Other Foods			Raisins		



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #12

WEEK OF Week 4

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
DINNER	Macaroni and Cheese (HM)	Chili (HM)	Fish Sticks (CN)	Tuna Noodle Casserole	Sloppy Joes (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Peas- canned	Corn- canned	Salad- fresh	Carrots- canned	Green Beans- canned
	Grapes- fresh	Banana- fresh	Apples- canned, unsweetened	Pears- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Whole Wheat Elbows (WG)	Whole Wheat Bread (WG)	Breading (CN)	Egg Noodles	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Cheese	Ground Turkey, Chili Beans	Fish Sticks (CN)	Tuna	Ground Beef
Other Foods					Sloppy Joe Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Cheese Crackers
Fluid Milk	Skim Milk		Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Fruit Cocktail- canned, unsweetened	Cantaloupe- fresh	Pears- canned, unsweetened		
Grains/Bread Component 2x Whole Grain, 0x sweet				Cheerios cereal (WG)	Wheat Thins (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate		Yogurt			Cheese
Other Foods				Raisins- dried	